

## Caregiver Support Groups

***Providing care and support for families caring for an aging loved one with short or long term care needs***

Support groups provide an opportunity for family members, friends and caregivers of aging adults to meet regularly for mutual emotional support and to exchange coping skills with one another in a safe, supportive environment.

<b>Location</b>	<b>Day of the Month</b>	<b>Time</b>
Trinity Emmanuel Lutheran Church 761 Elmgrove Rd. Rochester, NY 14624	1 <sup>st</sup> Friday of Month	6:00-7:00pm
Baywinde (Sage Harbor) 100 Kidd Castle Way Webster, NY 14580	4 <sup>th</sup> Wednesday of Month	5:30-6:30pm
* Park Ridge Free Methodist Church 10 Straub Road Greece, NY 14626	1 <sup>st</sup> Wednesday of Month	5:30-6:30pm

\*This group is specifically designed for caregivers who have placed a loved one in a facility.

**For more information, please call the Resource Center™ at 585.760.5470.** In home respite can be provided for care receiver if needed for the caregiver to attend.

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Resource Center™  
Alzheimer's Association  
435 East Henrietta Road  
Rochester, New York 14620  
585 760 5470 phone  
585 760 5401 facsimile  
[www.alz.org/rochesterny](http://www.alz.org/rochesterny)

### Caregiver Support Services

Funding provided by the Monroe County Office  
for the Aging and United Way

alzheimer's  association